

Helpful tips and ideas  
for fathers to help you  
plan and prepare for  
your baby!



### **Medical**

- Attend Prenatal Appointments with Partner
  - First Prenatal Checkup
  - Prenatal Appointment when the Heartbeat is Detected
  - Ultrasound
  - Amniocentesis
- Attend Hospital or Birthing Center Tour with Partner
- Assist Partner in Finding a Pediatrician
- Learn and Cook Five New Healthy Recipes
- Quit Smoking and Taking Recreation Drugs (if this does not apply you can check this off already!)
- Quit Drinking Alcohol While Your Partner is Pregnant (if this does not apply you can check this off already!)
- Exercise for at Least 45 Minutes Three Times a Week

### **Information**

- Purchase and Read Two Parenting Books
- Attend a Parenting Class
- Attend Child Birthing or Lamaze Classes with Partner
- Attend an Anger/Stress Management Class

### **Social**

- Find Three New Friends who have a Child Themselves
- Request Paternity Leave or a Leave of Absence for After the Baby is Born
- Develop a List of Volunteers that can Help After the Baby Arrives
- Discuss Dividing Household Chores and Parenting Responsibilities between you and your Partner
- Stop Swearing

### **Final Preparation**

- Assist your Partner in Setting up a Nursery
- Start a Savings Account
- Set up a Life Insurance Policy
- Finalize the “Plan of Action” for when your Partner goes into Labor
- Pack Suitcases for Hospital Stay on Labor Day